



Keep Moving Walking Club Directory 2002

Sponsors

Massachusetts Department of Public Health

Massachusetts Executive Office of Elder Affairs

Governor's Committee on Physical Fitness and Sports

Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University

BlueCross BlueShield of Massachusetts





The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health
250 Washington Street, Boston, MA 02108-4619

JANE SWIFT
GOVERNOR

WILLIAM D. O'LEARY
SECRETARY

HOWARD K. KOH MD, MPH
COMMISSIONER

September, 2001

Dear Friend,

Being active is one of the best things you can do for yourself! In fact, physical activity is a leading health indicator in Healthy People 2010, a national health promotion and disease prevention agenda grounded in science, built through public consensus and designed to measure progress. The goal is to increase the number of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day. Even small amounts of activity, done each day for a total of 30 minutes can reduce the risk of developing diseases such as heart disease, diabetes, osteoporosis, and some cancers. Physical activity also positively impacts emotional health and social interactions that are important to successful aging.

We know that an ideal physical activity program includes an aerobic workout, strength training and flexibility/stretching exercises. Why not start with a walk? Walking is an ideal exercise for people of all ages. It is safe, simple and natural, and requires no formal instruction, facilities, special clothing or equipment. Walking with one or more companions keeps people connected, and reinforces the importance of regular physical activity in daily routines.

The *Keep Moving Program*, under the auspices of the Massachusetts Department of Public Health, and in collaboration with the Executive Office of Elder Affairs, the Governor's Committee on Physical Fitness and Sports, and the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University promotes healthy lifestyles and fitness for older adults through a statewide network of community-based walking programs.

I would like to express my appreciation to BlueCross BlueShield of Massachusetts, Grand Circle Corporation, and the Robert Wood Johnson Foundation for their financial support of *Keep Moving*, and to the many persons who have volunteered their time to lead walking clubs in their communities.

The *Keep Moving Walking Club Directory* will help individuals and providers connect older adults to existing walking programs to encourage physical activity. Join me in getting the message out. "Start with a walk, and you are on your way to a healthier lifestyle."

Sincerely,

Howard K. Koh, MD, MPH
Commissioner

Welcome

Physical activity can improve the overall health and well being of older adults. Even modest levels of activity, done each day for a total of 30 minutes, can prevent or control heart disease, diabetes, osteoporosis, colon cancer and weight gain. Physical activity can be low intensity exercises like gardening, bowling and casual walking; moderate intensity exercises like stair-climbing, swimming and brisk walking; or high intensity exercises like running, bicycling and race walking. Reducing your risk of disease is not the only benefit of being physically active. You can boost your energy level, improve blood circulation, lower blood pressure, and gain stronger muscles, bones and joints. Regular physical activity can also improve self-esteem, combat depression and reduce stress.

In general, people become less physically active as they get older. Nearly 40 percent of people over the age of 55 report no leisure-time physical activity. It is important to make exercise part of your life. Scientific evidence supports the notion that even low-intensity activities, when performed daily, can have some long-term health benefits. Add physical activity to your daily routine by taking the stairs, parking at the far side of the parking lot, walking to the store, and cleaning or gardening. Engage in activities that promote endurance, strength, and flexibility, such as riding a stationary bike, using small weights, and trying yoga or Tai Chi. Always include a warm-up and cool down during your exercise session. Vary your activities according to the weather. Remember to wear comfortable clothing and footwear appropriate for the temperature, humidity and activity. Find activities that you enjoy. Remember, it is never too late to start!

Many of us, no matter what our age, are not motivated to do regular exercise and need the structure of a planned program to help us. Scheduling a walk with friends and being a part of a walking club can help motivate you to stick with a physical activity program. This directory was created as a resource to help you connect with community-based walking clubs.

***Make physical activity a lifetime commitment!
Start with a walk!***

How to use this directory

To locate a walking club near you, simply look through the alphabetic listing of towns in Massachusetts in this directory. Each listing provides contact information for the local walking program and information about the frequency and time of day of walks. Updates to the Keep Moving Walking Club Directory will be available quarterly on the Massachusetts Department of Public Health's web page, **www.state.ma.us/dph/ehp.htm**.

If there is not a walking club convenient to you, and you would be interested in starting a club or would like additional information please contact:

Jan Marble
Keep Moving
Massachusetts Department of Public Health
250 Washington Street, 4th Floor
Boston, MA 02108

Phone: 617-994-9808
FAX: 617-624-5075
E-mail: jan.marble@state.ma.us

Adams

Senior Hoofers

(413) 743-8333

Adams Council on Aging
18 East Street
Adams, MA 01220

Walking Locations: Adams

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 5 or more days

Time of Walks: Mornings

Amherst

Amherst Senior Walkers

(413) 256-4057

Amherst Senior Center
70 Boltwood Street
Amherst, MA 01002

Walking Locations: Amherst, Hadley, Northampton

Seasons Club Actively Walks: Fall, Spring

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Arlington

Millenium Walkers

(781) 316-3420

Arlington Senior Association

27 Maple Street
Arlington, MA 02476

Walking Locations: Arlington, Cambridge, Lexington

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Attleboro

Attleboro Amblers

(508) 223-2235

Attleboro Council on Aging
25 South Main Street
Attleboro, MA 02703

Walking Locations: Attleboro, other towns on special occasions

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Bedford

Bedford COA Walking Club

(781) 275-6825

Bedford Council on Aging
12 Mudge Way
Bedford, MA 01730

Walking Locations: Bedford

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Beverly

Gab & Gait

(978) 921-6017

Beverly Council on Aging
90 Colon Street
Beverly, MA 01915

Walking Locations: Beverly

Seasons Club Actively Walks: Summer, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Boston (See also: Charlestown, Dorchester, Hyde Park, Mattapan, Roslindale, Roxbury, West Roxbury)

Hale House Walking Club

(617) 536-3726

Hale House
273 Clarendon Street
Boston, MA 02116

Walking Locations: Boston

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

The Sensational Seniors

(617) 541-2461

Reggie Lewis Center
1350 Tremont Street
Boston, MA 02120

Walking Locations: Boston

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Brewster

Brewster Walking Club

(508) 896-2737

Brewster Council on Aging
1673 Main Street
Brewster, MA 02631

Walking Locations: Brewster, Cape Cod

Seasons Club Actively Walks: Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Bridgewater

Ousam Indians

(508) 697-6257

Ousamequin Club

119 Pleasant Street

Bridgewater, MA 02324

Walking Locations: Varied Locations

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Brockton

Brockton Council on Aging

(508) 580-7811

36 Main Street, 3rd Floor

Brockton, MA 02301

Walking Locations: Brockton

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 5 or more days

Time of Walks: Mornings, Weekends

Brookline

Sole Mates

(617) 730-2770

Brookline Council on Aging

93 Winchester Street

Brookline, MA 02446

Walking Locations: Brookline, Boston

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Cambridge

Energetic Walking Club
Cambridge Senior Center
806 Massachusetts Avenue
Cambridge, MA 02139

(617) 349-6220

Walking Locations: Cambridge, Boston
Seasons Club Actively Walks: Summer, Spring, Fall
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Carlisle

Carlisle Walking Group
Carlisle Council on Aging
P.O. Box 827
Carlisle, MA 01741

(978) 371-2895

Walking Locations: Carlisle, Concord, Bedford, Lexington
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Charlestown

Golden Age Seniors
Charlestown Community Center
382 Main Street
Charlestown, MA 02129

(617) 635-5175

Walking Locations: Charlestown, Somerville, Boston
Seasons Club Actively Walks: Summer, Spring, Fall, Winter
Number of Days a Week Club Walks: 1-2 days
Time of Walks: Mornings

Chatham

Chatham Walkers

(508) 945-5190

Chatham Council on Aging and Senior Center
193 Stonyhill Road
Chatham, MA 02633

Walking Locations: Chatham

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Chelmsford

Chelmsford Senior Center Walking Group

(978) 251-0533

Chelmsford Senior Center
75 Groton Road
Chelmsford, MA 01863

Walking Locations: Chelmsford, Lowell, Billerica, Carlisle

Seasons Club Actively Walks: Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Chelsea

Chelsea Walking Club

(617) 889-2520

Chelsea Senior Center and Council on Aging
10 Riley Way
Chelsea, MA 02150

Walking Locations: Chelsea

Seasons Club Actively Walks: Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Chicopee

Chicopee Walking Keys

(413) 533-7333

Chicopee Senior Center
7 Valley View Court
Chicopee, MA 01020

Walking Locations: Chicopee

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Dorchester

The Walking Club

(617) 825-5000

John Madden Senior Center
1500 Dorchester Avenue
Dorchester, MA 02122

Walking Locations: Dorchester

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Afternoons

40 Westwind

(617) 288-4569

Housing Opportunities Unlimited
1 North Point Drive
Dorchester, MA 02125

Walking Locations: Dorchester

Seasons Club Actively Walks: Summer

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Duxbury

Senior Dux

(781) 934-5774

Duxbury Council on Aging
Duxbury Town Hall, 878 Tremont Street
Duxbury, MA 02332

Walking Locations: Duxbury

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

East Longmeadow

Morning Glory Walkers

(413) 525-5436

East Longmeadow Council on Aging
328 North Main Street
East Longmeadow, MA 01028

Walking Locations: East Longmeadow, Springfield

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Chancellor Trotters

(413) 525-8150

Chancellor Gardens
50 Benton Drive
East Longmeadow, MA 01028

Walking Locations: East Longmeadow, Longmeadow, Springfield, Wilbraham

Seasons Club Actively Walks: Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Easton

Easton Walking Club

(508) 230-3305

Easton Council on Aging
136 Elm Street
Easton, MA 02356

Walking Locations: Varied Locations

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Framingham

The Walking Club

(508) 620-4827

Framingham Board of Health
150 Concord Street, Room 221
Framingham, MA 01701

Walking Locations: Framingham, Natick

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Franklin

Franklin Trail Blazers

(508) 520-4946

Franklin Senior Center
80 West Central Street
Franklin, MA 02038

Walking Locations: Franklin

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Gardner

Mount Steppers

(978) 632-6600

Mount Wachusett Community College
444 Green Street
Gardner, MA 01440

Walking Locations: Gardner, Barre, Baldwinville

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Hadley

Dandi Liners

(413) 586-4023

Hadley Council on Aging
46 Middle Street
Hadley, MA 01035

Walking Locations: Hadley

Seasons Club Actively Walks: Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Halifax

Halifax Hoofers

(781) 293-7313

Halifax Council on Aging
506 Plymouth Street
Halifax, MA 02338

Walking Locations: Halifax

Seasons Club Actively Walks: Spring, Fall

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Hanover

Hanover Walkers

(781) 878-6361

Hanover Council on Aging
624 Circuit Street
Hanover, MA 02339

Walking Locations: Hanover

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Hanson

Hanson Senior Trotters

(781) 293-2683

Hanson Council on Aging
132 Maquan Street
Hanson, MA 02341

Walking Locations: Hanson

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Harwich

Harwich Hikers

(508) 430-7550

Harwich Council on Aging
728 Main Street
Harwich, MA 02645

Walking Locations: Harwich, Chatham, Dennis

Seasons Club Actively Walks: Spring Fall Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Haverhill

Bethany Road Runners

(978) 374-2164

Bethany Homes
22 Phoenix Row
Haverhill, MA 01830

Walking Locations: Salisbury, Salem

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Hingham

Heels

(781) 741-1458

Hingham Council on Aging
224 Central Street
Hingham, MA 02043

Walking Locations: Hingham

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Holden

Senior Walkers of Holden

(508) 829-0270

Holden Council on Aging
1128 Main Street
Holden, MA 01520

Walking Locations: Holden, Worcester, Paxton, Rutland, Shrewsbury

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Hopedale

Hopedale Walking Club

(508) 473-9310

Hopedale Community House
Hope Street
Hopedale, MA 01747

Walking Locations: Hopedale

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Hudson

The Walkers

(978) 568-9638

Hudson Council on Aging
29 Church Street
Hudson, MA 01749

Walking Locations: Hudson

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Hyannis

Barnstable Happy Hoofers

(508) 862-4750

Barnstable Senior Center
825 Falmouth Road
Hyannis, MA 02601

Walking Locations: Hyannis area, Centerville, Osterville

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Hyde Park

Hyde Park Walking Group

(617) 361-1187

15 Chittick Road

Hyde Park, MA 02136

Walking Locations: Hyde Park

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Kingston

Kingston Walkers

(781) 585-0511

Kingston Council on Aging

Reed Center, 33A Summer St., P.O. Box 234

Kingston, MA 02364

Walking Locations: Kingston, Duxbury

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Lakeville

Lakeville Walkers

(508) 947-7224

Lakeville Senior Center

Bedford Street

Lakeville, MA 02347

Walking Locations: Lakeville, Middleboro, Taunton

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Lanesboro

Fallen Arches

(413) 448-2682

Lanesboro Council on Aging
83 North Main Street
Lanesboro, MA 01237

Walking Locations: Lanesboro, Pittsfield

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Leicester

Leicester Walkers

(508) 892-8732

Leicester Senior Center
3 Washburn Square
Leicester, MA 01524

Walking Locations: Leicester

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Leominster

Leominster Walking Club

(978) 534-7511

Leominster Senior Center
5 Pond Street
Leominster, MA 01453

Walking Locations: Leominster (at the high school)

Seasons Club Actively Walks: Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Afternoons

Lowell

Lowell Walking Group

(978) 970-4135

Lowell Council on Aging
400 Merrimack Street
Lowell, MA 01854

Walking Locations: Lowell

Seasons Club Actively Walks: Summer, Spring

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Ludlow

Ludlow Senior Center Sunflowers

(413) 583-3564

Ludlow Senior Center
37 Chestnut Street
Ludlow, MA 01056

Walking Locations: Ludlow, Springfield

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Manchester

Body and Sole

(978) 526-7500

Manchester Council on Aging
Town Hall, Central Street
Manchester, MA 01944 1399

Walking Locations: Manchester

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Mansfield

Puddle Ducks

(508) 261-7368

Mansfield Council on Aging
255 Hope Street
Mansfield, MA 02048

Walking Locations: Mansfield, Foxboro, Easton, Taunton, Attleboro

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Marion

Marion Walking Club

(508) 748-3570

Marion Council on Aging
2 Spring Street
Marion, MA 02738

Walking Locations: Marion

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings, Afternoons

Marshfield

Marshfield Walking Club

(781) 834-5581

Marshfield Council on Aging
1 Library Plaza
Marshfield, MA 02050

Walking Locations: Marshfield

Seasons Club Actively Walks: Spring

Time of Walks: Mornings

Mashpee

Mashpee Walkers Talkers

(508) 539-1440

Mashpee Council on Aging
500 Greatneck Road North
Mashpee, MA 02649

Walking Locations: Mashpee

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Mattapan

Shangri La Walking Club

(617) 298-0986

Colorado St. Citizens Group
24 Colorado Street
Mattapan, MA 02126

Walking Locations: Boston, Jamaica Plain, Roxbury, Mattapan

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 5 or more days

Time of Walks: Mornings, Evenings, Weekends

Medford

Medford Walking Club

(781) 396-6010

Medford Council on Aging
101 Riverside Avenue
Medford, MA 02155

Walking Locations: Medford

Seasons Club Actively Walks:

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Medway

Medway Walking Club

(508) 533-3210

Medway Senior Center
76 Oakland Street
Medway, MA 02053

Walking Locations: Medway and surrounding areas

Seasons Club Actively Walks: Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Milford

Silver Sneakers

(508) 473-8334

Milford Senior Center
15 Winter Street
Milford, MA 01757

Walking Locations: Milford

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Millis

The Millis Milers

(508) 376-7051

Millis Senior Center
900 Main Street
Millis, MA 02054

Walking Locations: Millis

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Milton

Milton Marchers

(617) 898-1094

Milton Council on Aging
10 Walnut Street
Milton, MA 02186

Walking Locations: Milton, Boston, Braintree, Weymouth, Hingham

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Needham

Charles River Walking Club

(508) 653-8856

Deaconess Glover Hospital
148 Chestnut Street
Needham, MA 02492

Walking Locations: Needham, Dover, Wellesley, Natick, Medfield

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings, Afternoons

Senior Walking Club

(781) 455-7521

Needham Park and Recreation Department
1471 Highland Avenue
Needham, MA 02492

Walking Locations: Needham (Indoors only)

Seasons Club Actively Walks: Spring, Fall, Winter

Number of Days a Week Club Walks: 3- 4 days

Time of Walks: Afternoons

New Bedford

New Bedford Walking Club

(508) 997-4882

New Bedford Council on Aging
572 Pleasant Street
New Bedford, MA 02740

Walking Locations: New Bedford

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Newbury

Newbury Walking Group

(978) 462-8114

Newbury Council on Aging
63 Hanover Street
Newbury, MA 01951

Walking Locations: Newbury

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Newton

Early Morning Walkers

(617) 552-7120

Newton Parks & Recreation
70 Crescent Street
Newton, MA 02466

Walking Locations: Newton

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 5 or more days

Time of Walks: Mornings, Weekends

North Adams

North Adams Walking Club

(413) 662-3126

North Adams Council on Aging
116 Ashland Street
North Adams, MA 01247

Walking Locations: North Adams

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Northboro

Sunshine Gang

(508) 393-5035

Northboro Senior Centre
1 Centre Drive
Northboro, MA 01532

Walking Locations: Northboro, Westboro, Shrewsbury

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Norwood

Norwood Walking Club

(781) 762-1201

Norwood Senior Center
275 Prospect Street
Norwood, MA 02062

Walking Locations: Norwood

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 5 or more days

Time of Walks: Mornings

Oak Bluffs

Oak Bluffs Walking Club

(508) 693-4509

Oak Bluffs Council on Aging
Wamsutta Avenue, P.O. Box 573
Oak Bluffs, MA 02557

Walking Locations: Oak Bluffs

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Oakham

Oakham Walking Club

(508) 882-3358

Oakham Council on Aging
P.O. Box 173
Oakham, MA 01068

Walking Locations: Oakham

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Orleans

Orleans Walking Club

(508) 255-6333

Orleans Council on Aging
150 Rock Harbor Road
Orleans, MA 02635

Walking Locations: Orleans, Brewster, and surrounding towns

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Peabody

Peabody COA Walkers

(978) 531-2254

Peabody Council on Aging
79 Central Street
Peabody, MA 01960

Walking Locations: Peabody

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Pembroke

Walking Group

(781) 294-8220

Pembroke Council on Aging
Town Hall, 100 Center Street
Pembroke, MA 02359

Walking Locations: Pembroke

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Pittsfield

Breakfast Club

(413) 499-9346

Senior Center, YMCA, Melbourne Place
330 North Street
Pittsfield, MA 01201

Walking Locations: Pittsfield

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: Meets once a month

Time of Walks: Mornings

Plymouth

Plymouth Rockers

(508) 830-4230

Plymouth Council on Aging
130 Court Street
Plymouth, MA 02360

Walking Locations: Plymouth

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 5 or more days

Time of Walks: Mornings

Plympton

Walky-Talkers

(781) 585-8160

85 Ring Road
Plympton, MA 02367

Walking Locations: Plympton, Kingston, Plymouth

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings, Afternoons

Princeton

Princeton Walkers

(978) 464-5977

Princeton Council on Aging
6 Towne Hall Drive
Princeton, MA 01541

Walking Locations: Princeton, Rutland

Seasons Club Actively Walks:

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Quincy

Walk of Ages

(617) 471-5712

Beechwood Community Center
440 East Squantum Street
Quincy, MA 02171

Walking Locations: Quincy

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Raynham

Raynham Walkers

(508) 824-2740

Park and Recreation
2215 King Philip Street PO Box 84
Raynham, MA 02768

Walking Locations: Raynham, Taunton; Plymouth on occasion

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Reading

In Town Walkers

(781) 942-9057

Reading Elder Services
16 Lowell Street
Reading, MA 01867

Walking Locations: Reading

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Rehoboth

Rehoboth Walking Club

(508) 252-3372

Rehoboth Council on Aging
320 Anawan Street
Rehoboth, MA 02769

Walking Locations: Rehoboth

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Rochester

Rochester Rocketts

(508) 763-8723

Rochester Council on Aging
1 Constitution Road
Rochester, MA 02770

Walking Locations: Rochester

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 5 or more days

Time of Walks: Mornings

Rockport

Walkie Talkies

(978) 546-2573

Rockport Council on Aging
4 Broadway
Rockport, MA 01966

Walking Locations: Rockport

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Roslindale

Pondside Patrollers

(617) 363-2329

Rogerson Community Adult Day Health
23 Florence Street
Roslindale, MA 02131

Walking Locations: Roslindale, Jamaica Plain

Seasons Club Actively Walks: Summer, Spring

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Roxbury

Aliancignos Walking Club

(617) 427-7175

La Alianza Hispana, Inc.
409 Dudley Street
Roxbury, MA 02119

Walking Locations: Roxbury, Jamaica Plain, Braintree

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Rutland

Rutland Early Brids

(508) 886-9004

Rutland Council on Aging
250 Main Street
Rutland, MA 01543

Walking Locations: Rutland, Princeton, Packston

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Scituate

Scituate Walking Club

(781) 545-8722

Scituate Senior Center and Council on Aging
27 Brook Street
Scituate, MA 02066

Walking Locations: Scituate

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Seekonk

Seekonk Trotters

(508) 336-8772

Seekonk Council on Aging
320 Pleasant Street
Seekonk, MA 02771

Walking Locations: Seekonk; Boston & Cape Cod on special occasions.

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Shrewsbury

Shrewsbury Senior Steppers

(508) 841-8640

Shrewsbury Council on Aging
15 Parker Road
Shrewsbury, MA 01545

Walking Locations:

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Somerville

Somerville Strollers

(617) 625-6600

Somerville Council on Aging
167 Holland Street
Somerville, MA 02143

Walking Locations: Somerville, Boston, Marblehead

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Southborough

Senior Striders

(508) 624-4664

Southborough Recreation
12 Common Street
Southborough, MA 01772

Walking Locations: Southborough

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Springfield

Walking Wildcats

(413) 787-6487

Department of Elder Affairs
1600 East Columbus Avenue
Springfield, MA 01103

Walking Locations: Springfield

Seasons Club Actively Walks: Summer

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Stoughton

Stoughton Striders

(781) 344-8514

Stoughton Council on Aging
110 Rockland Street
Stoughton, MA 02072

Walking Locations: Stoughton

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Sturbridge

Sturbridge Walking Club

(978) 443-3055

Sturbridge Council on Aging
PO Box 746
Sturbridge, MA 01776

Walking Locations: Sturbridge

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Sutton

Walking for the Health of It

(508) 234-0703

Sutton Senior Center
20 Hough Road
Sutton, MA 01590

Walking Locations: Sutton

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Swansea

Swansea Steppers

(508) 676-1831

Swansea Council on Aging
450 Ocean Grove Avenue
Swansea, MA 02777

Walking Locations: Swansea and surrounding areas

Seasons Club Actively Walks: Summer, Spring

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Templeton

Templeton Walking Club

(978) 632-4592

Templeton Council on Aging
PO Box 244 E. Templeton
Templeton, MA 01438

Walking Locations: Templeton (at the high school)

Seasons Club Actively Walks: Spring, Fall

Number of Days a Week Club Walks: 5 or more days

Time of Walks: Afternoons, Evenings

Tewksbury

Swinging Seniors

(978) 640-4473

Tewksbury Senior Center
175 Chandler Street
Tewksbury, MA 01876

Walking Locations: Tewksbury

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Topsfield

Keep Walking and Smiling

(978) 887-1523

Topsfield Council on Aging
Town Hall, 8 W. Common Street
Topsfield, MA 01983

Walking Locations: Topsfield, Newburyport, Danvers

Seasons Club Actively Walks: Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Walpole

Walpole Walk a Longs

(508) 668-3330

Walpole Council on Aging
135 School Street, Town Hall
Walpole, MA 02081

Walking Locations: Walpole

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Wellesley

Wellesley Keep Moving

(781) 237-1577

Wellesley Council on Aging
219 Washington Street
Wellesley, MA 02481

Walking Locations: Wellesley

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

West Bridgewater

Wee Bee Walkers

(508) 588-4418

Council on Aging

2 Spring Street

West Bridgewater, MA 02379

Walking Locations: West Bridgewater

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

West Roxbury

J.O.Y.(Just Over Youth) Walkers

(617) 994-9808

75 Eastwood Circle

West Roxbury, MA 02132

Walking Locations: West Roxbury, Roslindale, Jamaica Plain, South Boston

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

West Springfield

Rise and Shine Walkers

(413) 263-3264

West Springfield Council on Aging

128 Park Avenue

West Springfield, MA 01089

Walking Locations: West Springfield

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Westborough

Westborough Walking Club

(508) 366-3000

Westborough Council on Aging
4 Rogers Road
Westborough, MA 01581

Walking Locations: Westborough

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Westminster

Walkers of Westminster

(978) 874-7402

Westminster Council on Aging and Friendship Club
127 Main Street
Westminster, MA 01473

Walking Locations: Westminster, Gardner

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 1-2 days

Time of Walks: Mornings

Weymouth

Weymouth Happy Hikers

(781) 337-9702

Weymouth Council on Aging
182 Green Street
Weymouth, MA 02191

Walking Locations: Weymouth

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Whitman

Toll House Cookies

(781) 447-7619

Whitman Council on Aging
16 Hayden Avenue
Whitman, MA 02382

Walking Locations:

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Wilbraham

Wilbraham Walkie Talkies

(413) 543-8201

Wilbraham Senior Center
88 Stony Hill Road
Wilbraham, MA 01095

Walking Locations: Wilbraham, Hampden, Monson

Seasons Club Actively Walks: Summer, Spring, Fall

Number of Days a Week Club Walks: 1- 2 days

Time of Walks: Mornings

Winthrop

Viking Striders

(617) 846-8538

Winthrop Council on Aging
35 Harvard Street
Winthrop, MA 02152

Walking Locations: Winthrop; also North End, Quincy, Swampscott, Plymouth

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings

Wrentham

Trail Blazers

(508) 384-5425

Wrentham Council on Aging
PO Box 480
Wrentham, MA 02093

Walking Locations: Wrentham

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: Twice a month

Time of Walks: Mornings

Yarmouth

Walking Group

(508) 760-4810

Yarmouth Council on Aging
528 Forest Road
Yarmouth, MA 02664

Walking Locations: Yarmouth

Seasons Club Actively Walks: Summer, Spring, Fall, Winter

Number of Days a Week Club Walks: 3-4 days

Time of Walks: Mornings